

Rockwell Nursing Home



July 2010 Newsletter

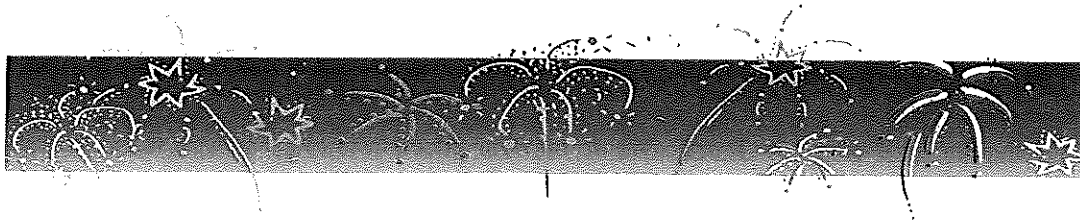


Wow – 4th of July...Can you believe it? Just wanted to remind everyone of our Family & Friends Potluck on August 14th. Bring a dish to share and we will provide hamburgers, hotdogs, drinks, plates and utensils. Come and join the fun at noon!

I found a quote to share from Erma Bombeck:

“You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw frisbees, the potato salad gets iffy and the flies die from happiness. You may think you have overeaten, but it is patriotism!

In Food, Fun & Patriotism,
LuAnn



Boy, how time flies – here it is the middle of summer already! My mother always says that summer is the perfect time to travel as she is not fond of winter driving. She always makes her dental/doctor appointments in the spring, summer or fall months.

Speaking of dental appointments, she & I both are scheduled to see the dentist next week. Good oral care and hygiene are so important for everyone, young & old. If you haven't scheduled a dental appointment for your family member yet this year, please consider doing so in the next few months. Let us know if we can be of any assistance.

Eye exams along with glaucoma screenings are also very important. We have some very avid readers here at the Nursing Home and we want to ensure that they are able to continue that for as long as possible.

I hope you have some great summer plans made and enjoy the 4th!

Carol Ames, Director of Nursing





We are experiencing an unusually slow time here at the nursing home with a lower-than-average census. We are finding that people are staying in their own homes longer with the assistance of home health care and the wide variety of services they are able to provide. Assisted living is also an option for those needing minimal assistance or supervision. Residents are coming to us much later in their disease processes or coming for short stays following a hospitalization before returning back home.

Over the years there have been many myths regarding life in a nursing home. Just the words "nursing home" often bring negative thoughts to mind. I recently read an article put out by the American Healthcare Association regarding this which got me thinking about these misconceptions and prompted me to want to set the record straight.

A nursing home is not a hospital. True, we have professionals that provide excellent medical, rehabilitation and nursing care, but we are much more home-like. Residents have their own belongings, know familiar faces and participate in activities appropriate for the age and capabilities.

Not all nursing home residents are confused. As we age not only does our body slow down, but our mind does, too. Often times once a person enters a nursing home and begins receiving adequate nutrition, proper medication administration, exercise, and social stimulation we see mental awareness improve. Sometimes merely the fact that someone else is monitoring their medications, cooking their meals, cleaning and doing their laundry frees their mind to enjoy family, friends and activities.

Nursing home residents do have privacy. It's sometimes difficult to strike a balance between providing adequate supervision and honoring a person's privacy. However, all of our staff is trained to respect each resident's belongings and to knock and wait for a response before entering a resident's room.

A huge misconception has always been that once you go to a nursing home you never leave. On the contrary! Last year over half of our admissions returned home. Even those who can't return home permanently make short visits and often continue to attend family gatherings and community functions.

Just because you come to a nursing home does not mean you will not be able to make your own decisions. All of our residents make choices regarding their daily schedules including what time they get up in the morning and go to bed at night, what they eat, what activities they participate in. They actively participate in their care and treatment decisions. Individual rights and wishes are respected as long as the environment remains safe and the rights of other residents are not imposed upon.

Today's nursing homes should not "smell". We do care for people who are incontinent, so occasionally there may be an odor, but it should not last. Plain and simple.

Nursing homes provide good care. Why is it you always hear about the few "bad apples"? And doesn't every industry have those few? We are required to meet both state and federal standards and are inspected on a regular basis to make sure we do. We encourage our residents and family members to participate in care planning sessions and keep them informed of any change in treatment. Our staff is available to listen to any concerns at any time.

Husband and wives may live together in nursing homes, and they may share a room with their own bed in it. Families and friends may visit any time. We do not restrict visiting hours and also offer e-mail as a means of keeping in touch with loved ones.

The meals in nursing homes are not only nutritious, they are appetizing and good tasting. Residents are placed on the least restrictive diet possible. We grill out burgers and brats, order in pizza and have staff/resident potlucks. Meal service is overseen by a licensed dietician.

Nursing home residents are not restrained or controlled by medications. All medications are prescribed by a resident's individual physician. A pharmacist reviews each resident's drug regimen monthly. A resident always has the right to refuse any or all medications. The goal of a nursing home is to promote maximum physical, mental and social functioning, not prohibit it.

Nursing home costs may at first appear high, but when you consider the full range of services included in the daily rate, it is really quite reasonable. Room, board, medical and personal care, along with activity programming all for less than an overnight stay in many hotels.

We know our census will pick up and appreciate the nice things you say about us to others. Word of mouth continues to be one of the best forms of advertisement. In the meantime, we will continue to enjoy, love and care for those that are here.



Sue Adams, Administrator



Independence Day Trivia

1. Why is the U. S. flag folded into a triangle when not being flown?
2. Who is the only U.S. president who never lived in the White House?
3. What was Francis Scott Key's profession?
4. When is it permissible to fly the flag upside down?
5. In which hand does Lady Liberty hold her torch?
6. How many states have adopted the eagle as the state bird?
7. Name the four capitals named after U.S. Presidents.
8. What is the most circulated U.S. coin?
9. Who was given the right to vote on March 23rd, 1971?
10. On the first U.S. flag, why are the stars in a circular pattern?



Answers

1. It represents the tri-corner hats worn by the American Revolutionary soldiers.
2. George Washington
3. Lawyer
4. As a sign of distress or danger
5. Right hand
6. None
7. Jackson, MS, Jefferson City, MO, Lincoln, NE, Madison, WI
8. Quarter
9. 18 year-olds
10. So no one colony stood above another

News from the Activity Department...

By the time you read this newsletter the Fourth of July will be a thing of the past. I've been to a few of my nephews baseball games this summer. It's neat to see how much they improve year after year. No matter what team it is there's usually one kid who's always playing in the sand when he's supposed to be paying attention to the person up to bat. They all seem like when a ball comes at them about five of them run to see who can get the ball first. I always have to chuckle to myself because I'm sure when I was their age I was doing the exact same thing!

I've taken several groups out in the nursing home van for rides. We've stopped at the new pool and sat and watched the kids swim. They have a good time laughing at them as the kids go down the slide and make a big splash into the water. I hear the soft serve ice cream is pretty good at the pool! We might have to stop for some when we come back into town from a ride.

As you all know RAGBRAI is coming through town July 28th. For those of you who don't know what that stands for I will tell you. It means "Register's Annual Great Bicycle Ride Across Iowa." It is held the last full week of July every summer. Register's is a reference to the Des Moines Register newspaper a sponsor of the event. The bike ride attracts cyclists from around the globe including such luminaries as Lance Armstrong. The six day long even leads riders through a multitude of Iowa's city with each church competing to have the best pie in town. The event is so popular that only 10,000 cyclists are allowed in the ride which averages 68 miles each day. It's a non-competitive event done simply for the pleasure of the journey. It's a week filled with riding, eating, friends, family, and fun. This year marks their 58th year! I'm planning on taking residents in the van so they get to see all the bicycles come through town!

We have three birthdays this month. Marjory Nuehring 7-02, Merlin Carlsgaard 7-19, and Alma Jean Hinrichsen 7-26. Happy Birthday to each of you!!





Alicia Petersen, Activity Director



~ All activities subject to change ~

JULY 2010

~ All activities subject to change ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 Church Bulletins Delivered 10:00 Lutheran Church Broadcast <i>HAPPY 4th of JULY!!</i>	 5 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	 6 Beauty/Barber Shop 10:15 Mass Father Dubert 2:30 Bingo Lutheran Church 3:30 Coffee	 7 10:15 Church Service Pastor Livingston 1:00 Manicures 1:30 Van Rides 4:00 Social Hour	8 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Sandy Hitzhusen/Music 3:15 Coffee	9 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Take Away Poker 3:15 Coffee	10 10:00 Exercises 10:15 Ball Toss 10:30 Chicken Soup 1:30 Board Games 3:00 Movie "I Love Lucy" Episodes TRACTOR/TRUCK PULL
11 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Van Rides 3:30 Cards	12 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	13 Beauty/Barber Shop 10:15 Mass Father Dubert 2:30 Bingo Dougherty Church 3:30 Coffee	14 9:15 Care Conf. 10:15 Church Service Pastor Scherb 1:30 Staff In-Service 4:00 Social Hour 7:00 Yaltzee	15 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee	16 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Pokeno & July Birthday Party 3:30 Coffee	17 10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:30 Cooking Corner 2:45 Popcorn & Movie
18 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Shopping Trip 3:30 Cards	19 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:00 Dan's Band 3:30 Coffee	20 Beauty/Barber Shop 10:15 Mass Father Dubert 2:30 Bingo Hanford Church 3:30 Coffee	21 10:15 Church Service Pastor Dahlen 1:00 Manicures 1:30 Van Rides 4:00 Social Hour	22 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee	23 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Pokeno 3:30 Coffee	24 10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Make Caramel Corn in a Bag 2:45 Yaltzee
25 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Movie 3:00 "500"	26 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	27 Beauty/Barber Shop 10:15 Mass Father Dubert 2:30 Bingo Sacred Heart Church 3:30 Coffee	28 9:15 Care Conf. 10:00 Church Service Pastor Sokol 1:00 Manicures 1:30 Van Rides 4:00 Social Hour 7:00 Yaltzee RAGBRAI	29 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee	30 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Make Ice Cream In a Bag 3:15 Coffee	31 10:00 Exercises 10:15 Ball Toss 10:30 Chicken Soup 1:30 Cooking Corner 2:45 Kings Corner